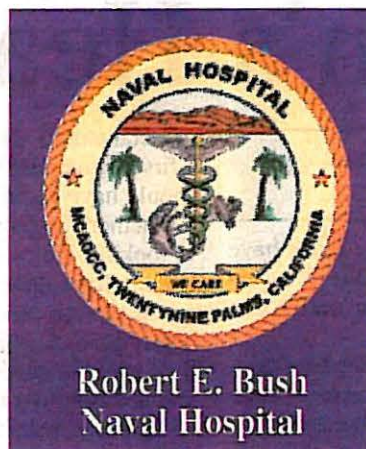




CS2 Gregory Guitapp, Nutritional Services Department, received a Navy and Marine Corps Achievement Medal (Gold star in lieu of third award) for professional achievement as a Culinary Specialist at the Robert E. Bush Naval Hospital.... Please see **SUPER STARS AND HARD CHARGERS** on page 4&8



Robert E. Bush
Naval Hospital

Nurse Corps est. on May 13, 1908

**Happy Birthday
Navy Nurse Corps!**



www.nhttp.med.navy.mil

Operation Special Delivery Needs Volunteers

By Dan Barber, Public Affairs Officer
Robert E. Bush Naval Hospital

Have you asked yourself recently, "What can I do to help our military families?" Here is an opportunity to provide a very valuable service... become a Doula.

What in the world is a Doula? You ask... Doula is a Greek word meaning 'servant' and refers to a professional labor support person who is a woman who is trained to help other women in childbirth. They provide physical, emotional, and informational support before, during, and just after childbirth.

Operation Special Delivery is a private organization of more than 300 professional labor assistants (doulas) who donate their services during wartime to women who are giving birth while their partners are on military deployment.

The Robert E. Bush Naval Hospital is offering the opportunity for everyone on base or in the surrounding communities to sign up for Doula training, which is required before you can volunteer your services. The cost of this training is just \$65 per person, during this special offering for those wishing to donate their services to the families of the Marine Corps Air Ground Combat Center during Operation Iraqi Freedom. Normal costs for such training can run from \$200 to \$250 per person.

At this training you will receive:

- * Quick look at workbook
- * Doula code of Ethics and Standards of Practice
- * Introduction to labor support
- * Prenatal contact between Doula and client
- * Emotional support during labor
- * Defining our Philosophies about Birth
- * Birth, States and Phases with "Hands-on" applications
- * Physical Comfort measures for labor
- * Cesarean birth and VBAC
- * Inductions, Interventions and Cesarean Sections
- * Doula's Role with Newborn and Breastfeeding Initiation

- * Real life of a Doula discussion panel
- * Active listening exercise
- * Promoting your practice
- * Certification
- * Post Partum contact
- * Role play of labor
- * Doula's Bag of Tricks

This training is just one step in the process of being certified with the Doulas of North America.

Doula training at Robert E. Bush Naval Hospital tentatively set for June 12 and 13. To register or for more information, please call

Quincy Bates (doula) at 760-228-1011 or Lt. Cmdr. Sirois (nurse-midwife) at 830-2227 by May 29th

Introducing the New Director of Clinical Services

By Dan Barber, Public Affairs Officer
Robert E. Bush Naval Hospital

The Robert E. Bush Naval Hospital now has a new Director of Clinical Services (DCS), Commander Jay Erickson, MC.

Dr. Erickson has served as a staff Family Physician and Primary Care Department Head at the hospital since 2002. Upon the departure of Captain Bruce Meneley in March, Erickson was named as the new DCS.

Dr. Erickson hails from Morris, Minnesota, a small farm town in west central Minnesota. So small, says Erickson,

Please see **DIRECTOR** on page 7



Inside...

May is Women's Health Month! In the United States, women's life-spans have risen from less than 49 years of age in 1900 to almost 80 years of age, on average, in 2000. However, there are still huge health problems that need to be looked at so that women to live even longer and healthier lives.

page 2

Every year in the US, 35,000 Americans experience an eye injury and another 50,000 will lose their sight. While there are many reasons for both eye injury and blindness, wearing properly designed sunglasses and safety glasses would save the eyesight of many of the victims of eye damage.

page 3

Depending on where one works, when the term Force Protection Readiness is used it brings to mind a myriad of visions... At Naval Hospital Twentynine Palms everything we do can be considered Force Protection Readiness.

page 5

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Here's to Your Health...

May is Women's Health Month

By Martha Hunt, MA, Health Promotion Coordinator
Robert E. Bush Naval Hospital

May is Women's Health Month! In the United States, women's life-spans have risen from less than 49 years of age in 1900 to almost 80 years of age, on average, in 2000. However, there are still huge health problems that need to be looked at so that women to live even longer and healthier lives.

Women who are poor, such as women of color, women with less than a high school education and single moms, have poorer health overall and shorter life-spans. On average, these groups of women die five years younger than women who are in higher income brackets, higher education levels or who are white. Women are also the major consumers of health care because they arrange health care not only for themselves, but also for their kids and their husbands.

The leading causes of death for women in the US are heart disease (number one), followed by cancer, stroke and COPD or chronic obstructive pulmonary disease, which includes chronic bronchitis, emphysema and asthma. The major underlying influences for these causes of death are tobacco use, poor diet and lack of physical activity. Tobacco use is the leading preventable cause of death in the US.

To help prevent death and disability (besides not using tobacco, eating right and getting sufficient exercise), there are several preventive screening tests that every woman should know about. Every woman should have her blood pressure checked every one to two years, unless she shows signs of high blood pressure. If she has signs of high blood pressure (she has more than one high blood pressure reading), then she should follow her doctor's advice as to how frequently to be checked.

All women over the age of 18 should routinely do breast self-exams and all women over the age of 35 to 40 should have routine mammograms to detect breast cancer. Your health care provider can teach you how to perform a proper breast self-exam. Breast self-exams are done every month, right after your monthly menstrual cycle.

Every woman should have her cholesterol levels checked at least every 5 years after age 18, and more frequently depending on family history and the results of past cholesterol tests. Regarding blood sugar levels, testing for diabetes should be done based on family history of diabetes and risk factors such as obesity.

Every woman over the age of 18 or women who were sexually active younger than age 18, should have a yearly Pap test and pelvic exam. The Pap test checks for the presence of abnormal cells on the woman's cervix that could change into cancerous growth.

Greetings from Iraq!

•Hello Master Chief!

This is HN Holzemer writing to you from the lovely and exotic city of Het! If that was only the truth. Well, I wanted to let you and Capt. Engelhardt know that I'm doing fine here. You all were very helpful in helping me get ready for my journey and I wanted to let you know that I appreciated it. I haven't seen HM3 Tafoya in awhile. I know that he was sent to weapons company and I was sent to echo company at 2/7's forward operations base here in Het. I definitely haven't seen HM3 Wagner or HN Mcalister. I'm assuming that they're still at Al Asad where most of 2/7 and 3/7 are. Well Master Chief, I apologize if my grammar and spelling are a little off. Spell check doesn't work and we've been patrolling constantly. Since we've been in Het we've lost two Marines and had about nine other major casualties including two of our fellow Corpsman. The Corpsman as well as the Marines are all going to be fine. We work very well and fast when bad things happen. I'm not sure if you have heard but we've been receiving mortar attacks about three to four times a week. They usually don't impact close to our buildings but 75% of the time they land in the wire. I sometimes question whether or not I'm up to the task of doing this job but every time the stuff hits the fan I'm right there to take care of business. I'm glad that this chance came up when it did. I'm really finding what I'm made of and that I can deal with almost anything. I highly doubt that I'd be able to do that in the hospital. Well Master Chief, I'll continue to take care of myself and be a high caliber Corpsman for my Marines! I'll continue to keep you updated if you like!

Sincerely,
HN Matt I. Holzemer, USN
2/7 ECHO. CO 1st PLT

Rectal exams should be done every year after age 50 to look for colon cancer. If you have a first degree relative, such as a brother, sister, or parent who has had colon cancer, then you should have rectal exams at an early age and have them every year.

Whether you have fair or dark skin, you should check your skin every year for any unusual looking moles or growths. Also, if you see any changes in the moles or growths you already have, then let your health care provider know so they can be checked. Everyone is at risk of skin cancer, it's just that people with lighter skin are more at risk than people with darker skin. It is a myth that dark skinned individuals do not develop skin cancer. In fact, they get skin cancer in places that are not normally exposed to sun such as under the arms and are therefore more likely to go untreated and to die from skin cancer.

Regarding healthy teeth and gums and screening for oral cancers, you should have a dental check up and your teeth cleaned twice a year. You should have a full eye exam every one to two years unless you have diabetes or you have a family member who has an eye disease such as glaucoma. If that is the case, follow your eye care provider's advice as to how often to get your eyes checked.

Women who have had a blood transfusion between 1978 and 1985, have injected illegal drugs, had multiple sexual partners or who have had sex with a man who had sex with other men, should have an HIV test performed to determine if they have been infected with the HIV virus.

Regarding testing for other sexually transmitted diseases, you should be tested if you are pregnant or if you have had sex with someone known to have a sexually transmitted disease. Also, if you have any of the symptoms of a sexually transmitted disease such as burning or discharge, you should seek medical care and testing. Many times, STD's have no symptoms and you can be infected and not know it.

The best way to live a long, health life is to take responsibility for your own behavior by avoiding tobacco completely, eating low fat/high fiber foods, exercising regularly and taking advantage of routine health care and screening. Many diseases such as lung cancer and lung disease can be prevented entirely while other diseases such as high blood pressure can be moderated if caught and treated early.

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Public Affairs Officer/Editor

Dan Barber

The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Guard Yourself From Becoming a Heat Casualty

By Dan Barber, Public Affairs Officer
Naval Hospital Twentynine Palms

Marines and Sailors here at the Marine Corps Air Ground Combat Center are constantly training or preparing to train for the ultimate job of being ready to protect the freedoms of the United States and its allies against many different enemies.

Part of that readiness is to be prepared in Force Protection. This means to keep the Marines and Sailors safe from terrorist attack and where the Naval Hospital is concerned health problems.

One of the hazards lurking here in the desert that could cause a great deal of harm is hot dry weather.

We are fast approaching the summer season here and its time to renew efforts for people to avoid overdoing exercise or play in the Mojave. It's time to renew the awareness of the rules during Physical Training and Testing (PT).

Safety concerns with heat and PT are very real, especially in a desert environment. Dehydration is a constant threat when exercising in the heat. Since thirst occurs too late to be a good indicator of excessive water loss from the body, be sure to weigh yourself regularly during hot weather, especially if you're doing a lot of intense physical activity.

There is no specific temperature beyond which you should not exercise. People have become heat casualties even in subfreezing temperatures because they were overdressed. Any circumstances that cause your body's heat production to exceed its capability to cool off will often result in heat stress. In an effort to prevent serious illness and permanent physical damage most military installations have installed a Wet Bulb Globe Temperature (WBGT) index. The WBGT index consists of a combination of readings from thermometers, providing temperatures for dry, humid and radiant heat.

These three temperatures are combined in a standard formula providing a more accurate reading of heat stress intensity. By calling 830-7831 current information about the current WBGT index reading can be obtained.

Protecting Your Eyes in the Desert!

Martha Hunt, MA, Health Promotions Coordinator
Robert E. Bush Naval Hospital

Every year in the US, 35,000 Americans experience an eye injury and another 50,000 will lose their sight. While there are many reasons for both eye injury and blindness, wearing properly designed sunglasses and safety glasses would save the eyesight of many of the victims of eye damage.

Eye damage in the desert usually results from both the very bright sunlight found here and from blowing sand and debris. The biggest threat from sunlight in the desert comes from the UV rays present in sunlight. UV A and UV B rays can cause cataracts, retina damage, Pterygium, Pinguecula, Photokeratitis and skin cancer.

Cataracts occur when the lens of the eyes is damaged. The retina is the inner, back wall of your eye. The retina catches what you see and transmits the image to your brain much like a camera catches what you see and transmits the image to film. If the retina is damaged, your brain doesn't receive the image before you and you are blind.

Pterygium and Pinguecula are growths that occur on the membranes or cornea of your eyes. While neither causes cancer, they must sometimes be surgically removed to prevent blindness. Photokeratitis is a sunburn on the cornea of the eye. The cornea is the clear membrane that covers the front of your eye and protects your eye.

Damage to your eyes from sunlight is cumulative over time. This means that damage builds up over time and the more damage you have as a young person, the greater your risk of eye damage and blindness as you age. Children especially should be protected from sun damage as their eyes are more delicate than an adult's.

So how do I protect my eyes from sand and sun? It's really very easy, wear a wide brimmed hat and correctly designed sunglasses. A wide brimmed hat will block approximately half of all UV light that reaches you. Properly made sun glasses will block much of the remaining UV light, block overall light to acceptable levels and must be polarized to eliminate glare.

How do I know if my sunglasses are properly made? Properly made sunglasses should block 100 percent of both UV A and UV B light. Remember, it's the UV rays that do the most damage to your eyes.

Properly made sunglasses should also block out as much overall light as possible. However, darker is not necessarily better. If the lenses of the sunglasses are dark, but don't block UV rays, you still are allowing the UV rays into your eyes and damaging your eyes.

Please see *EYES IN THE DESERT* on page 7

To alert Combat Center members of hazardous weather conditions, the following flags are flown to indicate readings and control physical activity:

Green Flag ñ Unrestricted physical activity may be carried out.

Yellow Flag ñ Physical activity should be limited to those people who have been exercising in similar heat for a minimum of 10 days or more.

Red Flag ñ Physical activity is advised only for members who have been working out in similar heat conditions for a period of 12 weeks for more.

Black Flag ñ Vigorous outdoor exercise, regardless of conditioning or heat acclimatization, is not advisable.

Combat Center members should be advised to note the flag, which is flown at the headquarters building before beginning outdoor workouts in the summer months. When exercising in the sun, try to wear light (color and weight) clothing. The lighter colors will reflect the sun's rays and the lighter weight will allow for more rapid evaporation. Try to exercise during the coolest parts of the day (early morning or late evening). Also reduce the intensity of your exercise to decrease the heat stress on your body and drink plenty of water.

Although you do not have a choice about the characteristics of work clothing or gear, do not use a vapor barrier (rubber) suit as an aide for weight reduction while exercising. Exercising in a rubberized suit may result in severe dehydration and elevate your core body temperature. Wearing these suits also will not help you with your weight reduction program since the decrease in weight is due to a very temporary loss of fluid, not fat loss.

According to an article written by Captain Michael Anderson a physician at Naval Hospital Cherry Point, N.C. and published in the Navy and Marine Corps Medical News Wire, "Heat exhaustion usually occurs when you sweat a lot and don't drink enough to replace the lost fluids. It generally develops when you are working or exercising outdoors in hot weather. Symptoms include profuse sweating, fatigue, weakness, headache, dizziness, or nausea. Look for skin that is cool, moist, pale, or flushed. Heat exhaustion can sometimes lead to heat stroke, which requires emergency treatment.

"Heat stroke occurs when your body fails to regulate its own temperature and your body temperature continues to rise, often to 105 degrees or higher. You may stop sweating entirely if you have heat stroke.

"Symptoms of heat stroke include confusion, hallucinations, or unconsciousness. Look for skin that is red, hot and dry. The color of your urine can also tell you your level of dehydration. Generally, the darker your urine, the more water you need to drink in order to replenish lost fluids. When the weather is hot, drink plenty of water and limit your time outdoors. If you notice signs of heat related illness, seek help from a health care provider."

Yet another problem to look at is the consumption of cold medications, diet pills, decongestants, antihistamines or receiving immunizations. These types of medications compromise the body's ability to regulate heat. Members taking any of these types of medications should take extra precautions during the summer heat... Everyone should be aware of their environment... especially the unforgiving environment of the desert.

Amalia A. Geller, M.D.
CHILD NEUROLOGY



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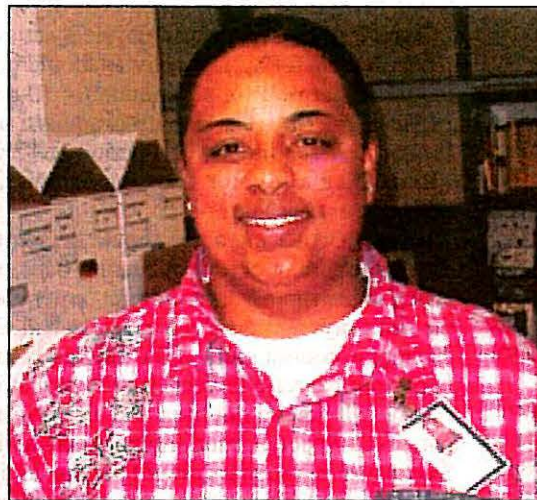
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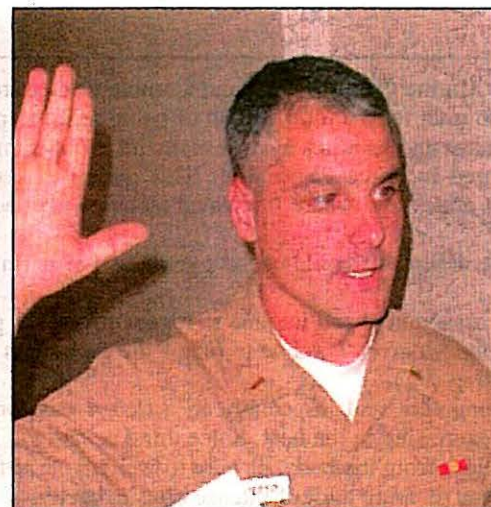
Super Stars and Hard Chargers...



HM2 Cherie Ayala takes the oath of reenlistment



Tiffany Clements, Out Patient Records, is named Civilian of the Quarter.



Lt.j.g. Craig Pettit, Industrial Hygiene, takes the oath at his recent promotion ceremony.



HM3 Realine Tafoya, Multi-Service Ward, is named an Honorary Desert Rat upon her departure from the command.



Lt. Troy Henderson, Preventive Medicine, is selected as Officer of the Quarter.



Lt.j.g. Diane Hijirida, Desert Beginnings Birthing Unit, takes the oath during her recent promotion ceremony.



FC1 Timothy Hicks, Operations Management Department, is named Senior Sailor of the Quarter.



HN Joseph Teodoro, Military Sick Call, has been selected as the latest Blue Jacket of the Quarter.



Lt. Ramiro Munoz, Surgical Services, received a Commanding General's Certificate of Commendation.



Ensign Kara Perez, (left), Family Practice Clinic has been named "Boot Ensign." And Ensign Ramaud Love, (right), Hospital Comptroller is the new "Bull Ensign."



HM3 (SW) Maria Drew was named Junior Sailor of the Quarter.



Rebecca Pinkstaff, Central Files was named Senior Civilian of the Quarter.

Force Protection Readiness is an Every Day Event at Naval Hospital

By Dan Barber, Public Affairs Officer
Naval Hospital Twentynine Palms

Depending on where one works, when the term Force Protection Readiness is used it brings to mind a myriad of visions... At Naval Hospital Twentynine Palms everything we do can be considered Force Protection Readiness.

One cannot predict when disasters will happen, all one can do is to be prepared for the unthinkable.

The Occupational Health Department stands ready to protect workers from everyday work place hazards. Then there is the Immunizations Clinic to protect against disease, Health Promotions encouraging healthy living... and the list goes on.

Probably the most important job the hospital and its staff can do for Force Protection Readiness is to be ready for all occasions, especially during these trying times in the war against terrorism.

This readiness comes from conducting drills. The Joint Commission for the Accreditation of Healthcare Organizations requires the hospital to conduct at least two drills each year. This ensures that the hospital's patient triage, patient tracking and other systems are working properly. The hospital conducts these drills with other healthcare providers from both the Greenside the Marine Corps Air Ground Combat Center as well as from the civilian world.

In addition to the ongoing training health care providers must participate in to maintain their credentials, they must also train within the institution, i.e., Naval Hospital Twentynine Palms to be ready for whatever might befall them in a military environment. Disaster preparedness at the hospital includes being prepared to treat multiple victims of earthquakes, auto accidents, training accidents, and aircraft accidents, chemical or biological exposure or any other traumatic experience where people might be hurt or made ill.

Naval Hospital Twentynine Palms is prepared to treat those injuries and illnesses. Staff members have proven this repeatedly. Even at play, hospital staff members are ready for the emergency.

When it comes to patient care, nothing at Naval Hospital Twentynine Palms is left to chance. The hospital's Facilities Department is also continuously monitoring the buildings systems to ensure patient safety. Each month, a generator test is conducted to ensure that if we ever lost power, our generators will kick in automatically to provide a non-interrupted flow of power.

Over the years, the hospital has been tested under drills and under fire... each time the hospital has performed well.

AAHC Presents Juneteenth Celebrations Summer Dance

Saturday, June 5, from 9 p.m. to 1 a.m., in the

Senior Non Commissioned Officers Club

All ranks above 18 years of age are invited

Dance to music from the 80's, 90's and current as well as the sounds of Reggae provided by the Silver Screen's DJ

Cover price is \$5 at the door

Family Cookout

Saturday, June 4, from 4 to 7 p.m., at Victory Field

All ranks are invited to bring your family, BBQ grills and lawn chairs to enjoy the company of others, listen to music and to play games.

For more information, please call Ericka Bellamy at 830-8654 or Tina Brown at 830-7622

Nuke That Burrito -- A Lesson in Microwave Safety

By Gary Thomas, Safety Manager
Robert E. Bush Naval Hospital

It's getting close to lunch time at work and you get that intense craving for a microwaveable burrito. You quickly open the freezer, grab one of those bad-boys, rip off the plastic covering with your teeth, put it on a paper plate, toss it into the microwave to nuke it for a minute or so... or at least you thought that you punched in a minute... or was that 10 minutes.

Your boss calls and you're off to see what the Lieutenant wants.

Meanwhile, the microwave is busy doing what it was designed for, generating those electromagnetic waves to cook your food. Before you know it, you begin to smell the sweet aroma of a burnt burrito.

Hastily you dash off to the break room to rescue your lunch. The acid in your stomach begins to as you notice the smoky haze in the hallway. Feeling that adrenaline rush, you pick up the pace, and just as you open the microwave... wouldn't you know it... the fire alarm goes off... announcing to the whole world that you have killed your burrito.

In general, microwave ovens are a safe and convenient way to cook or heat up a variety of foods or beverages in a short amount of time. However, when they are used improperly or unsafely, they can cause scalds, burns or even fires. To avoid injury to yourself, others around you and your work place, practice the following safety tips when using a microwave:

- * Follow the manufacturer's instructions for recommended operating procedures and safety precautions for your oven model.

- * Do not operate an oven if the door does not close firmly or is bent, warped, or otherwise damaged.

- * Do not walk away from the oven while it is cooking. Stay within the immediate area in the event that it malfunctions or you misprogrammed the timer.

- * Never operate an oven if you have reason to believe it will continue to operate with the door open.

- * Be careful when removing a wrapper or cover from a hot item. Hot steam escaping from the container as the covering is lifted can cause a burn.

- * Use caution and follow directions when popping popcorn in the microwave. The vapor produced in the bag may exceed 180 degrees F.

- * Only use cookware that is specially manufactured for use in the microwave oven. Glass, ceramic containers, and all plastics should be labeled for microwave oven use.

- * Plastic storage containers such as margarine tubs, take-out containers, whipped topping bowls, and other one-time use containers should not be used in microwave ovens. These containers can warp or melt, possibly causing harmful chemicals to migrate into the food.

- * Microwave plastic wraps, wax paper, cooking bags, parchment paper, and white microwave-safe paper towels should be safe to use. Do not let plastic wrap touch foods during microwaving.

- * Never use thin plastic storage bags, brown paper or plastic grocery bags, newspapers, or aluminum foil in the microwave oven.



The remains of an over-cooked burrito.

Robert E. Bush Naval Hospital Announcements

May Smoking Cessation

Start the New Year off right! Kick the habit and learn to become tobacco free! The Robert E. Bush Naval Hospital Health Promotions Program offers tobacco cessation classes in the Naval Hospital. Classes are offered at two convenient times of noon and 5:30 p.m.. To sign up, call Health Promotions at 830-2814. The next set of tobacco cessation classes will start on May 25. Call now before it all goes up in smoke!

Diabetes Self-Management Class

There will be a Diabetes Self-Management Class at the Robert E. Bush Naval Hospital in Classroom 3 on June 11, from 8 a.m. to noon.

Eligible beneficiaries newly diagnosed with diabetes or if you need updated or ongoing diabetes information/education should plan to attend.

Topics covered will include Diabetes basics, nutrition, potential complications, emotional aspects, and exercise.

For more information or to sign up, please call the hospital's Outpatient Services at 830-2752 or ask your health care provider for a referral, or call Lt. Julie Lundstad at 830-2175.

Sibling Preparation for a New Baby

Robert E. Bush Naval Hospital will be offering a Sibling Preparation Class on Saturday, June 5, from 10 a.m. to noon.

This class is designed to help children of expectant families prepare for the role of big brother or big sister. Geared toward children ages 3-years and up, pre-registration is requested and can be done by calling Outpatient Services at 830-2752. The class is located in classrooms 1&2 in the Naval Hospital. For more information, please call Lt. Cmdr.

What's New in TRICARE Pharmacy

Uniform Formulary

Congress directed the DoD to establish a Uniform Formulary (UF) process which creates a new third-tier copay of \$22 per prescription, in both mail order and retail pharmacy services, for medications that are designated "non-formulary". The UF also creates a new DoD Pharmacy & Therapeutics (P&T) Committee (to make recommendations regarding which medications will be available at the third tier copay); and a new Beneficiary Advisory Panel (to review the Committee's recommendations). Our pharmacy benefit will continue to include all Food and Drug Administration approved pharmaceutical agents that require an authorized provider's prescription, unless otherwise excluded from TRICARE pharmacy benefit coverage by law. We will also continue the current tiers of \$3 for generic medications and \$9 for brand name medications. There will be no drugs in the third (\$22) tier until the appropriate committees have met to evaluate drugs in accordance with the Uniform Formulary Rule and the final approval has been made.

TRICARE Retail Pharmacy

The TRRx contract implements a fully integrated pharmacy program that delivers patient care through a single manager of our retail pharmacy benefit. That manager is Express Scripts, Inc. (ESI). The new retail pharmacy program allows all beneficiaries to use network pharmacies outside of their regions without having to file claims. The new retail pharmacy website, www.express-scripts.com/TRICARE, was activated on April 2, 2004 and a toll free TRRx phone number will be activated shortly. Note: Although ESI will manage both the mail order and retail pharmacy contracts, there will be separate customer service centers, phone numbers, and websites for each contract.

Pharmacy Benefit

The following pages contain useful information about your pharmacy benefit, including:

- * Pharmacy options under TRICARE and who is eligible
- * Specific steps for getting prescriptions filled
- * Copays for each pharmacy option

View our latest online brochure, "Tips for Managing your Medications," a generic pharmacy brochure

Where To Go If You Have Questions

Military Pharmacies: Contact your local military treatment facility; or www.tricare.osd.mil/mtf

TRICARE Mail Order Pharmacy: Express Scripts, Inc., toll free, 1-866-363-8667 or www.Express-Scripts.com.

Retail Network Pharmacy: Visit www.Express-Scripts.com/TRICARE.

Marjorie Alexander at 830-2127 or Lt. Cmdr. Nicole Polinsky at 830-2258.

Nutrition to Meet Your Needs

Active Duty and Beneficiaries: Naval Hospital Dietitian offers nutrition to help you meet your goals - from Weightlifting to Weight Control and†most everything in-between.††Call Central Appointments at 830-2752 to make your appointment†now.† If you have an Active Duty unit of 10 or more and would like to have†the dietitian†come†out to your unit, please call directly to 830-2274 to set an appointment.†

Navy-Marine Corps Relief Society Drive Successful

Once again, as in year's past, March was the host for the annual Navy-Marine Corps Relief Society Pledge Drive.

This year's drive succeeded in bringing in almost \$4,700 from the hospital and approximately \$88,000 from the entire base.

Bravo Zulu goes out to all those that contributed, as well as those who volunteered to be representatives in their respective departments. These individuals are:

HN Kliez	HN Campbell	HN Tanner	HM2 Foster	HM1 Florence
CSSN Morris	CSSA Ilao	SK2 Bailey	HM2 White	HM2 Pacheco
HM3 Barnes	HN Verrill	HN Gonzalez	HN King	HM1 Johnson
HM3 Ambunan	Lt. Emberland	Lt.j.g. Yan	LT Bacon	Lynn Stremlau

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Larry Briggs
Broker - Owner

A small office dedicated to service, honesty and results.

Life's Lesson...

If at first you don't succeed, skydiving is not for you.

DIRECTOR...

Continued from page 1

that "other Minnesotan's may not even know where it's at."

He graduated from Morris Senior High School in 1978 where he participated in Baseball and Cross Country. Because he was from the cold north and ice hockey country, Erickson has also played ice hockey for most of his life including college intramurals and he even played on his medical school hockey team at the Uniformed Services University (USU), at Bethesda, Md.

He chose to leave home and join the Navy when he received an ROTC scholarship to attend the University of Colorado. Upon arriving in Boulder, he majored in Chemical Engineering, earning his Bachelor of Science degree in 1983. He was then commissioned as a Naval Officer and was selected to attend Nuclear Power School in Orlando, Florida, followed by nuclear prototype training in Idaho Falls, Idaho, and submarine school in Groton, Conn.

Erickson then spent three years as a junior officer onboard the fast attack submarine USS Queenfish, SSN-651, where he served in several divisions including Communications, Chemistry and Radiological Controls, Damage Control, and the Weapons Department. He was then sent to shore duty at Naval Sea Systems Command in Washington, D.C., where he was responsible for testing and onboard evaluation of the latest combat systems technology for attack submarines. During this tour of duty, Erickson also completed all of his remaining academic requirements for medical school admission and was accepted into USU, ultimately graduating as an MD in 1994.

Why the switch from submarines to medicine? "While I have many fond memories of my time in subs, the difficult lifestyle and family separation were too high a price to pay for the benefits," says Erickson. Once he heard about the free medical school at USU, his future in the Navy was set.

During his seven years as a nuclear submarine officer he had the opportunity to be part of some very interesting Cold War deployments and even surfaced at the North Pole for 12 hours in 1985. "Some of the other fun stuff may be classified, so I can only say that I have been able to listen to some interesting Soviet conversations and observe some interesting naval operations of 'other' navies," said Erickson. As a Navy Physician, Erickson stated, "I have been able to participate in some fantastic international programs in France and the Ukraine, so the switch from subs hasn't been too bad."

Following graduation from USU, Erickson completed a Transitional Internship at the National Naval Medical Center (NNMC) and was accepted into the Family Practice Residency Program at Naval Hospital Camp

Pendleton. Prior to graduating from that program in 1997, he was selected as the Chief Resident. He was then assigned to the newest Primary Care Group at Coronado's North Island Naval Air Station.

In August 1999, Erickson was selected as the Commandant of the USU School of Medicine, the first Navy Commandant in USU history. In this position, he was responsible for the professional development of the 650 Army, Navy, Air Force and Public Health students assigned to the University.

Among his many accomplishments, Erickson holds Assistant Professor positions in both Family Medicine and Military and Emergency Medicine. He has completed the Advanced Officer Leadership, Management Development, and Medical Executive Skills Courses in addition to the Naval War College (NWC) Non-Resident Seminar courses in Strategy and Policy and Joint Maritime Operations. Erickson is board certified in Family Medicine and is a member of the American Academy of Family Physicians, the Uniformed Services Academy of Family Physicians, the Association of Military Surgeons of the United States and the American College of Sports Medicine. He is certified in ACLS, ATLS, and PALS.

When he's not busy taking care of patients or working on his many professional devel-

opment goals, Erickson enjoys running on the Naval Regional Running Team and spending time with his family. Erickson and his wife Felicia have three children, Tyler, 12, Sydney 9 and Galen, 5, who are all involved in athletics. What ever does Erickson do with spare time? "With three kids in sports, and coaching one of the teams, my wife and I spend much of our evenings and Saturdays shuttling our family of athletes around Yucca Valley."

In addition to raising healthy well-rounded children his goals are simple... "Overcome my own attention deficit issues in order to do my job as DCS while maintaining my clinical competency in Family Medicine." His long term goals are to stay Navy with many options available to him,

depending on the needs of the Navy.

According to Erickson, his life philosophy is pretty simple; "I think the most important thing is to have a strong faith base and a strong commitment to family. Without those two parts of your life in order, the rest of it has a tendency to fall apart. As for military leadership, I have always worked to "lead by example". There are plenty of books on military leadership and philosophies on leadership, but if you don't live what you preach, people will quickly lose your trust, and then you lose your ability to lead."

Erickson has definitely established his ability to care and lead during his naval career.

EYES IN THE DESERT...

Continued from page 3

They should also be polarized to eliminate glare. A lot of sunglasses advertised as polarizing actually are not. There's a simple test you can perform before you buy them to make sure. Find a reflective surface, and hold the glasses so that you are viewing the surface through one of the lenses. Now slowly rotate the glasses to a 90-degree angle, and see if the reflective glare diminishes or increases. If the sunglasses are polarized, you will see a significant diminishing of the glare. If they are not polarized, don't buy them.

Properly fitting sunglasses and wide brimmed hats also protect your eyes from blowing sand and dust. Sand and dust can cause corneal abrasions or scratches on the surface of your eye. These can be incredibly painful and affect your vision for weeks after.

A well-written explanation of how sunglasses work can be found at "www.howstuffworks.com". Just type in "sunglasses" and you will learn all you ever wanted to know about sunglasses. You only have one set of eyes; please take good care of them by protecting them from sun and sand. Your eyes will thank you with a lifetime of clearer vision!

Hi-Desert Medical Center Board of Directors Approves Purchase of Latest in MRI Technology

Wednesday, February 18, 2004--Hi-Desert Medical Center's Board of Directors approved the purchase of a new fixed site Magnetic Resonance Imaging System (MRI).

With its state-of-the-art applications, it rivals MRI technology in the Coachella Valley. Manufactured by GE Medical Systems, the new 1.5 Tesla GE MRI System with Excite System and three GE exclusive MRI applications provides the following capabilities:

- * Wide-open enclosures minimize claustrophobia and increase comfort.
- * More powerful simultaneous computer and array processor.
- * Motion correction software to alleviate the need for repeat scans and sedation of patients.
- * Dynamic imaging software to provide superior image quality with new 8-channel coils for neurovascular, spine, body and cardiac imaging.

"This new MRI system strengthens our commitment to providing the most advanced patient care with state-of-the-art technology," said David Selman, chief executive officer. "The new wide open system will provide a more patient-friendly scanning environment. In addition, technologists and doctors have better access to patients during an exam. The design will allow us to expand the clinical use of the MRI system into areas such as interventional, cardiac, and neurology."

Currently, Hi-Desert Medical Center utilizes a portable MRI in a trailer that is available three days per week. As a result, patients have had to endure long waiting periods for appointments. The new MRI's first patients will be seen later this spring in a temporary structure, while a permanent structure is erected.

Hi-Desert Memorial Health Care District is a modern, nonprofit 59-bed acute primary care hospital accredited by the Joint Commission on Accreditation of Healthcare Organizations. The District includes the Hi-Desert Continuing Care Center, along with a wide range of quality inpatient and outpatient diagnostic, treatment and rehabilitation services.

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Super Stars and Hard Chargers...



CS3 James McLain, above left, and CS3 Juan Tejada Soliz, above right, Nutritional Services Department, were both awarded citations from Fleet Hospital Eight for their performance in helping to set up the Food Services Division in Rota, Spain in support of Operation Iraqi Freedom from March to May 2003.

Lt. Cmdr. Terianne Pappas, right, Head, Staff Education and Training clutches the National Flag she received as part of her retirement ceremony from more than 20 years of active Naval service.



Roberta Blackburn, a Red Cross Volunteer at the hospital was honored for her work.



CS2 Gregory Guitapp, left, Nutritional Services Department, received a Navy and Marine Corps Achievement Medal (Gold star in lieu of third award) for professional achievement as a Culinary Specialist at the Robert E. Bush Naval Hospital.



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